



# Prophet Muhammad ﷺ s (i·o) Nighttime Routine: Recommended Surahs for Sleep and Protection

## Description

Bismillahi Wal Hamdullillah Was Salaatu Was Salaamu â████ Alaa Rasoolillahi  
Ammaa Baâ████ d:

Upon the authority of Irbaadh ibn Saariyah â€“ Radhiyallahu â€“ Anhu â€“ that *The prophet did not used to sleep until he recited the* â€“ *Musabihaatâ€“* (*A reference to the surahs that begin with* â€“ *Sabbaha lillah..* â€“ *or* â€“ *Yusabihu Lillah..* â€“ *or* â€“ *Subhaan..* â€“ *or* â€“ *Sabihiâ€“* â€“ *and they are seven surahs: Suratul Israa, Suratul Hadeed, Suratul Hasr, Suratus Saff, Suratul Jumuâ€“ ahâ€“* , â€“ *Suratut Taghaabun, Suratul Aâ€“ laa)* and he used to say â€“ ***In them is an Ayah that is better than a thousand verses!***â€“

(Collected by At Tirmidhi (3406) and declared  $\text{Hasan} \square$  By Shaikh Al Albaani  $\text{Rahimahullah}$ )

Upon the authority of Naufal Al Ashjaâ i â Radhiyallahu â Anhu â who said that the prophet â Sallallahu â alahi was Salaam â said to Naufal: â **Read â Qul Yaa Aiyuhal Kaafiroonâ then sleep when you have completed it for indeed it is a safeguard and freedom from shirkâ**

(Collected by Abu Daawood( 5055) and declared Saheeh by sheikh Al Albaani)

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Upon the authority of Aisha رضي الله عنها who said: ﴿The prophet ﷺ Sallallahu alaihi wa Salam did not used to sleep until he recited: (Suratut) Az Zumar and (Surat)Bani Israa﴾ eel (i.e Suratul Israa)

(Collected by At Tirmidhi (3405) and declared صحيح Saheehا By Shaikh Al Albaani رحمه الله

Wallahu taâ الـ الـ lam

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## Category

1. Fiqh
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## Date

02/08/2026

## Date Created

12/14/2011